

## R430-90-18, R430-50-18. NAPPING.

### **Licensed Family 90-18:**

- (1) The licensee shall ensure that children in care are offered a daily opportunity for rest or sleep in an environment that provides a low noise level and freedom from distractions.

### **Residential Certificate 50-18:**

- (1) The certificate holder shall ensure that children in care are offered a daily opportunity for rest or sleep in an environment that provides a low noise level and freedom from distractions.

### **Rationale / Explanation**

*Most preschool children benefit from scheduled rest periods. This rest may take the form of actual napping, or a quiet time. Children who are overly tired can exhibit behavior problems. School age children should have the opportunity for periods of more restful activities, such as reading or board games. Conditions conducive to rest and sleep include a quiet place, a regular time for rest, and a consistent caregiver. CFOC, pgs. 88-89 Standard 3.008*

### **Enforcement**

*Always Level 3C Noncompliance.*

### **Licensed Family 90-18:**

- (2) If the licensee has a scheduled nap time for children, it shall not exceed two hours daily.

### **Residential Certificate 50-18:**

- (2) If the certificate holder has a scheduled nap time for children, it shall not exceed two hours daily.

### **Rationale / Explanation**

*The purpose of limiting scheduled nap times to two hours is so that children are not forced to lie still on a mat when they are no longer tired or in need of rest.*

### **Enforcement**

*Children who are tired may sleep more than two hours, but awake children should not be forced to remain on a cot or mat beyond the scheduled nap time, not to exceed two hours.*

*Always Level 3C Noncompliance.*

### **Licensed Family 90-18:**

- (3) If a child uses sleeping equipment, sleeping bags, a pillow, a pillow case, sheets, or blankets while in care, the licensee shall meet the following requirements:
- (a) The licensee shall maintain sleeping equipment in good repair.

### **Rationale / Explanation**

*The purpose of this rule is to prevent injury to children from broken equipment (for example, a broken cot or crib), and to ensure that equipment remains able to be effectively cleaned and disinfected.*

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### **Enforcement**

*Level 2B Noncompliance if a crib is in poor repair to a degree that the equipment could fail.*

*Level 3D Noncompliance otherwise.*

### **Licensed Family 90-18:**

- (3) If a child uses sleeping equipment, sleeping bags, a pillow, a pillow case, sheets, or blankets while in care, the licensee shall meet the following requirements:
- (b) If sleeping equipment, sleeping bags, pillow cases, sheets, or blankets are clearly assigned to and used by an individual child, a provider must clean and sanitize them as needed, but at least weekly.

### **Rationale / Explanation**

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, pg. 110 Standard 3.039; pgs. 226-227 Standard 5.094*

### **Enforcement**

*Level 2D Noncompliance if an item is visibly dirty with feces.*

*Level 3D Noncompliance otherwise.*

### **Licensed Family 90-18:**

- (3) If a child uses sleeping equipment, sleeping bags, a pillow, a pillow case, sheets, or blankets while in care, the licensee shall meet the following requirements:
- (c) If sleeping equipment, sleeping bags, pillow cases, sheets, or blankets are not clearly assigned to and used by an individual child, a provider must clean and sanitize them prior to each use.

### **Rationale / Explanation**

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, pg. 110 Standard 3.039; pgs. 226-227 Standard 5.094*

### **Enforcement**

*Level 2D Noncompliance if an item is visibly dirty with feces.*

*Level 3D Noncompliance otherwise.*

### **Licensed Family 90-18:**

- (4) If a child uses a pillow without a pillow case while in care, then the provider must clean and sanitize the pillow as required in Subsection (3). If a child uses a pillow with a pillow case while in care, then the provider must clean and sanitize the pillow case as required in Subsection (3).

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### Rationale / Explanation

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. CFOC, pg. 110 Standard 3.039*

### Enforcement

Always Level 3D Noncompliance.

### Licensed Family 90-18:

(5) Sleeping equipment may not block exits at any time.

### Residential Certificate 50-18:

(3) Sleeping equipment may not block exits at any time.

### Rationale / Explanation

*The purpose of this rule is to allow quick exit from the home in the event of an emergency, and to avoid sleeping children getting stepped on by people exiting or entering the room. CFOC, pgs. 194-195 Standard 5.019*

### Enforcement

Always Level 1D Noncompliance.